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INFORMATION,
PREVENTION AND
TREATMENT REFERRALS, AND
OTHER RESOURCES ARE
AVAILABLE 24 HOURS A DAY
FROM THE MASSACHUSETTS
SUBSTANCE ABUSE
INFORMATION AND
EDUCATION HELPLINE/
THE MEDICAL FOUNDATION.

800-327-5050
(TOLL-FREE; MULTI-LINGUAL)
TTY: 617-536-5872
WWW.HELPLINE-ONLINE.COM

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ADDITIONAL INFORMATION
AND STATISTICS ARE
AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002
www.state.ma.us/dph/bsas
- Massachusetts Youth Risk Behavior Survey
www.doe.mass.edu/hssss/yrbs/01/results.pdf
- National Center on Addiction and Substance Abuse at Columbia University
www.casacolumbia.org
- Monitoring the Future, Overview of Key Findings 2002
www.monitoringthefuture.org
- Office of National Drug Control Policy
www.whitehousedrugpolicy.gov
- Parents. The Anti Drug
www.theantidrug.com
- Partnership for a Drug-Free America
www.drugfreeamerica.org
- U. S. Department of Health and Human Services
www.health.org

Be the first to **TALK WITH YOUR PRE-TEEN**
about ALCOHOL, TOBACCO, and other DRUGS

A FAMILY GUIDE¹

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INFORMATION SHEETS

Individual sheets or the entire group of pages from the brochure may be printed.

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Highlights from the pamphlet, "Be the First to Talk with Your Pre-Teen about Alcohol, Tobacco and Other Drugs, A Family Guide" offer parents hints on guiding their children. Approaches to conversations and setting rules are followed by information on specific substances. Parents will be able to describe the major drugs, and the signs of their abuse. They will find Massachusetts and other resources that equip them to have a positive impact on their children's choices. Those who would like to do more are pointed to opportunities to become involved in their communities. Periodically, the Massachusetts Department of Public Health will add information on an expanded list of drugs.

- *Pre-teens and Drug Use*
- *Talking about Alcohol, Tobacco and Other Drugs*
- *Family Rules*
- *What Should I Look For?*
- *Understanding Laws about Drug Use*
- *Alcohol*
- *Club Drugs*
- *Cocaine/Crack*
- *Heroin*
- *Inhalants*
- *Marijuana*
- *Over-the-Counter/Prescription Drugs*
- *Tobacco*
- *How Can I Learn More? Where Can My Family Go for Help?*
- *What Can I Do in My Community?*
- *Sources of the Statistics in this Brochure*

▶ **CLICK HERE TO VIEW OR PRINT ALL OF THE INFORMATION SHEETS**

[¹] Contact Questions.bsas@state.MA.US or 617-624-5140 to request full color copies of the brochure. Be sure to include your complete mailing address.